

BRAIN TRAINING

32 UNDERUSED TECHNIQUES TO
IMPROVE MEMORY AND CRITICAL
THINKING WITH BRAIN TRAINING



ANDREW WILLIAMS

Brain Training

32 Underused Techniques to Improve Memory and Critical Thinking with Brain Training

By Andrew Williams

*“The mind is not a vessel to be filled,
but a fire to be kindled.”*

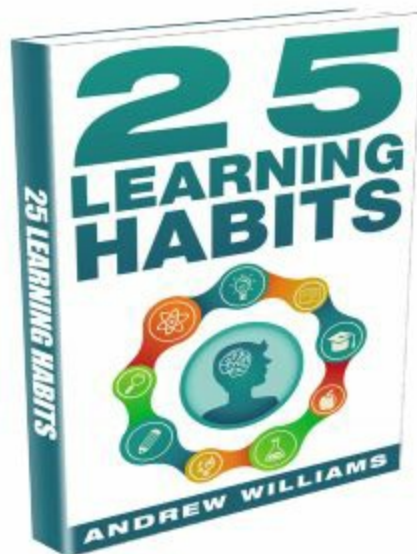
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*****As a way of saying thank you for your purchase, I'm offering a free eBook that's exclusive to my readers. ******

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The below is completely free. I will run through 25 learning habits that will aid the brain training you will learn from this eBook!

Within this eBook you will learn the important traits that will develop your learning aptitude, hone in your current skills and more importantly



********Message from author********

I've written this eBook to help you develop your memory. This eBook is an **action** guide you must follow through and read in between the lines in order to succeed. Taking action will lead you to greater results.

I will first of all guide you on 32 underused techniques and by the end of this eBook you will develop a stronger mindset and more importantly develop a continuous passion for learning and personal development that go beyond brain training alone.

I hope we talk soon and please enjoy the gems scattered within this eBook.

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Introduction

Ahh! The human memory. What a wonderful piece of equipment – when it's working as it should. Unfortunately, far too often it runs into, well, let's call them a few bumps along road.

How many times have you misplaced your keys? Or walked into a room to retrieve an item only to mumble to yourself, "Now what did I come in here for?" A new twist to the imperfect short-term memory is the internet version. Pick up your laptop or cell phone to look something up only to get distracted by another nugget of information and forget your original reason for using the computer.

Yes, the twenty-first century provides ample opportunities for you to display just how imperfect your memory is.

But there is good news on the horizon. For as many opportunities as there are for your short-term memory to disappoint you, there are that many techniques – and more – to turbocharge your memory.

A Few Choice Adjustments

What if I told you that you could actually boost your memory by just making a few adjustments in your life in the following three areas: lifestyle, diet and environment?

We're not talking about an overhaul of your entire life. We're only talking about adding a few underused techniques to improve your memory by leaps and bounds.

How do I know about these little used and relatively unknown methods? Because they're just a few of the ways I've improved my memory and gained greater control of my life. Once my memory improved, I realized how much smoothly everything went.

I was going to school part-time and working full-time. I had no time for anything else. Then I discovered these techniques and adopted them. The result? I needed to spend less time at work. I was able to remember more facts and statistics for my job nearly effortlessly. Not only were my colleagues impressed, but I became a nearly indispensable employee to my supervisor. He became my biggest supporter and is now helping me to get a promotion.

Schoolwork flowed effortlessly, finally! I struggled less learning. And in fact, I actually learned the material instead of just memorizing it and throwing it out after the semester was finished. I can't even begin to tell you what a feeling of accomplishment that gave me.

How would you use your new-found super improved memory? Would you tackle school and work with more zest? Would you become a more valuable employee? Or would simply quit misplacing your keys and other items you use every day?

It really doesn't matter. The bottom line is that a highly honed memory will not only help you in all areas of your life, but it will cause your self-confidence to soar.

If you're serious about improving your memory and boosting your quality of life then you owe it to yourself to read this awesome volume. Inside the pages of this book, you'll discover 32 underused techniques for memory enhancement. Some of them have only recently been verified by science,

even though they've been known for generations. Others have been passed on to only a select few individuals.

Now you too can enjoy the luxury of a better, turbocharged memory. It's your turn to be among the best of the best and astonish family, friends, colleagues and supervisors with recalling material off the top of your head without the need of double checking your cell phone, the book from which you were studying from or Googling every fact and figure.

What's that? You say it sounds too good to be true. When you buy this book and begin using the guidelines, suggestions and tips it offers, you'll discover an entirely new world opening up to you. Once you've used these techniques and experience the changes your life occur, you'll be as excited as I am to share these pointers with everyone

Jumpstart Your Memory the Moment You Begin to Read This Book

This book provides you with 32 underused and little known techniques to jumpstart your memory, jog your brain cells and use your mind in a myriad of ways you never thought possible.

The techniques fall within three categories: lifestyle, diet and environment. Don't worry. They don't demand a lot out of you. Just a few basic tweaks in your living -- a few changes in your way of thinking and a few adjustments in your diet.

What if I told you that simply by adding one dietary supplement you could see a noticeable improvement in your memory? Would you be willing to try it?

What if I suggested on change to your current environment you could recharge your recall? Wouldn't you be the least bit curious and give it a go?

And what if, by changing just one habit in your lifestyle, you could boost your memory? Wouldn't it be worth the effort?

Read through the entire book. Scrutinize all thirty-two underused techniques at memory improvement. Once you've read them all, decide which ones are the easiest for you to adopt. Then simply commit yourself to this single change.

Chances are you'll discover how well it works. After completing this one successfully, then move on to a second one. You've now experienced how well the first technique you attempted worked at kick starting your memory. No doubt, you'll be eager to attempt the next one.

Don't worry if they all don't work for you. You'll undoubtedly discover that some will work better than others. There may be an occasional one that might not work. Don't let that affect you. Simply move on to another.

Are you ready to boost your memory, ignite your recall and re-invigorate your mind? Then what are you waiting for. A new improved memory is yours for the asking!

We'd love to hear what you think of this book. When you've finished reading it, please take a moment and write a review of it. That way we'll know how to update this book but also how to bring you exactly what you want in all future publications.

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Chapter 1: 9 Underused Techniques to Turbocharge Your Memory by Adjusting Your Lifestyle

Small habits can make or break your memory. Don't think for a moment because you found your keys in the refrigerator that you're on the path to Alzheimer's with no road map back. Because you may not be. Before you panic, take a good look around you. Ask yourself a few questions:

- Are you stressed?
- Do you find yourself multi-tasking more hours of the day than you care to think about?
- Do you spend have the chance to spend any time alone?

Any of these could be the cause of your poor memory. If you feel as if that's the case, then you would benefit tremendously by scrutinizing your lifestyle and consider making some changes.

Believe it or not, with a few small lifestyle changes, you can boost your memory. Imagine going from being a person who worries about where your poor memory is leading you to being envied by even those younger than you for your excellent recall.

That's not an exaggeration.

Below are nine underused brain training, memory boosting techniques. They all involve in adjusting your lifestyle – some in just the smallest of ways.

Music Mindfulness

What if merely listening to your favorite music could boost your memory? What if I told you that listening to that music even while you're learning something new could help you remember the material?

Would you be willing to turn on some music to give it a chance?

Why of course you would, but you highly doubt that it would work. Many individuals, not used to this concept at first are skeptical. But once they try it, they agree: it can work.

Perhaps this is something the human mind automatically knows. If you were like so many other high school and college students, you might have automatically switched on your favorite music before you even cracked open a book to study at night.

Who among us doesn't remember our parents asking us how we could study with that "noise?" Apparently, quite well.

At least, that's the conclusion reached by a host of researchers who specialize in brain function and memory. Scientific studies now show that when we turn our favorite songs the enjoyment we feel comes from the release of dopamine.

Dopamine is a neurotransmitter. This means it delivers messages to your brain. It's also a hormone. As a hormone, it's linked with the creation of pleasant experiences. That explains why music makes you feel so good – especially when you're feeling slightly depressed.

When it assumes the role of neurotransmitter that's when it has its powerful effects on your memory. The release of dopamine can actually boost your concentration and motor skills.

You can now easily see how this can help enhance your memory. Actually, knowing this simple fact can help you enhance your memories in several ways. You can use this research to listen to music while you study, of course, as we've just mentioned, or you can learn your material by singing it. Again, that seems to be the conclusion of another study.

The group wasn't really asked to sing the material, but they were instructed,

at the very least, to speak in a rhythmic fashion very much similar to singing. A second group studying the same language was asked to simply learn the language minus the chanting and singing.

At the conclusion of a specific time period, the group that “sang” the material had significantly better recall of the phrases than the group who didn’t use the “rhythm” method to learn it.

Let’s take this revelation one step further. Researchers already took this information to a new level when they studied how music affects individual who have a memory loss due to an illness. One study specifically showed that those who suffered from strokes may also benefit.

The study took three groups of individuals with memory loss from a stroke. The first group was asked to listen to music, the second an audio book and the third listened to nothing. The members were tested for a variety of cognitive measures at the end of one week, three months and six months.

Those who had listened to music improved their verbal skills considerably more than those in the other two groups. They also showed the most gains in their ability to focus. But, just as an aside, these individuals were also less depressed and confused than the other two groups.

If these two scientific research projects haven’t convinced you, there’s one more I’d like to share with you. In this particular study, those suffering from dementia along with their caregivers were divided randomly into three groups. The first group received singing lessons, the second, music listening coaching and the third group was provided neither of these.

Results revealed that the two groups who were provided with the music coaching and lessons showed a marked improvement in memory. As an added bonus, their mood and general orientation also improved.

Action Steps

So how do you make this work for you?

Any number of ways actually.

1. If you're a busy student, then it seems it would pay to study to your favorite tunes.

2. If you're older and worried about your fleeting memory, then make music – your favorite kind, of course – your companion whenever possible.

With today's smart phones it's actually easier than ever before. Don't be afraid to sing along when you're listening to music in the car.

3. If you're learning certain facts you'd think you'd never be able to recall again, then, seriously consider creating a tune – or adapting your favorite tunes – so you can sing these important facts in order to learn them quicker and easier.

Oh, just one piece of advice. If you're learning this material for a test, it might be a good idea not to sing it out loud in the classroom while you're taking the test.

4. If you really want to ensure you're learning the material, then listen to any music written by Mozart.

It's true! Researchers have discovered that people retain information longer when they listen to Mozart while studying. No one really knows why the works of this particular classical composer gives your memory such staying power. But you may want to see if his music has this effect on you.

Daydreaming

Remember when you were a child? Daydreaming was integral to your day. Your teacher wasn't very pleased when you did it in the middle of class, but . . .?

Did you know that the time you spent daydreaming was not wasted? In fact, whether you realized it or not you were actually investing in your memory. Of course, there was probably no convincing Mr. Scott, your seventh grade history teacher, of that.

Recent studies have discovered that for you to learn anything, you have to do more than just read and cram the facts into your brain. It seems that your brain has a few – well -- let's just call them storage compartments for now. This is probably the most accurate and easiest way to explain it right now.

Let's say you're studying for a test. You have your book in front of you as well as all the notes you painstakingly took from lectures and presentations. You have two choices at the end of your self-imposed study period. First, you could decide you don't know the material well enough, make yet another pot of coffee and stay up all night studying. Or second, you can call it a night and get a good night's sleep. Which do you choose?

If you choose the second perhaps you realize that all the material you've reviewed will need time to soak into your brain – nearly literally according to recent research.

Yes, I know I'm talking about sleep and not daydreaming but it appears that even daydreaming serves the same purpose. It gives your brain time to rest and pass the material you'll just spilled into the holding area into your mind.

Scientists actually tried to quantify just how effective daydreaming is at consolidating information into your long-term memory. The results of the study? Very effective.

The study specifically looked at individuals who multi-tasked, you know, those amazing mavens of the work world who seem to be able to juggle not two, but sometimes three, four or more items at the same time. They do this, they contend, because there are just not enough hours in a workday to do each separately. If they feel this way about what's on their to-do list, imagine

how they must feel about pausing to catch their breath and perhaps even daydreaming a bit. The point is these individuals were probably a hard sell at even attempting this experiment.

The researchers took a group of individuals and divided them into two groups. Each group was presented with two images at once which simulated the act of multi-tasking. The scientists instructed one group to allow their minds to rest following viewing the images. The other group didn't.

Those in the group who paused after studying the photos possessed better recall of what they saw than those who didn't rest. Lila Davachi, an assistant professor in New York University's Department of Psychology and Center for Neuroscience summed up the "take-home message" of this study succinctly: "If you are not giving yourself a break, it is costly."

In fact, she asserts "It's possible you are hindering your brain's ability to consolidate memories and experiences."

Specifically, the research studied sixteen individuals both male and female between the ages of 22 and 24. As they viewed the pairs of objects, scientists scanned their brains using a functional MRI. They were then provided with a rest period. These participants were actually told to allow their mind "to wander." After that brief period, the researchers asked them to recall what they had seen. The brain scans confirmed that the daydreaming rest period actually did boost their recall.

One neuroscientist, Adam Gazzaley, of the University of California, said the results really didn't come as a revelation to him. "We feel like we in an external environment because we interact with the world. But we also have a dynamic and rich internal environment -- there are costs to multi-tasking and not pausing."

This and similar experiments should give us all reason to pause (and daydream!). According to psychologist, F. Diane Barth of Psychology Today, "the more we daydream, the more our brain is able to both hold onto and remember things when we are being bombarded from all sides by all kinds of noise, information input, and conflicting demands."

Perhaps it's time you view daydreaming in a different light. Instead of seeing it as an act of losing yourself in frivolous mental distractions, you should see daydreaming as a form of concentration. When you daydream, when you

pause and perhaps even walk away from your desk for a while, you may have yourself convinced you're trying to actually run from the tasks that are required.

That's not the case at all, though. In reality, it's a vital form of concentration. Daydreaming provides you with a method of actually eliminating all the extraneous information and stimuli that could pose as being distracting.

Action Step

1. Be sure to take time out of everyday to focus on something other than your work.

This is especially important if you're a dedicated multi-tasker, but it's also great advice for everyone who wants to improve their memory. It's during this time that you're allowing yourself to think about other things that your mind is assessing the information you've given it, consolidating it and filing it in your memory.

2. Schedule your daydreaming sessions.

It seems counterintuitive, I know. But set yourself a strict schedule and stick with it. One of my friends sets an alarm (these can be found or downloaded on any smart phone these days) for twenty minutes. For this period of time she diligently works. When the alarm goes off, then she walks away from whatever she's doing for a few minutes.

She says she gets more accomplished because she walks back to her work refreshed – and now she knows all that information she been putting in her brain is consolidating and traveling to her long-term memory.

3. Embrace your inner artist.

It's true! When you step out of your comfort zone and embark on any artistic venture, you'll be tapping into your imagination.

Do you want to guess how long it's been since you were called upon to use your imagination? If you're like most individuals, it's probably been too long. But now the scientific community believes that doing it could help improve a sagging memory.

Remarkably doing just that, finding a creative outlet, significantly improved the memories of Alzheimer's patients. If these individuals can find even a little boost in recall, imagine what it can do for you.

The studies are clear about this, too. Research now shows that Alzheimer's patients who take part in art programs reap many benefits – even improved memories. These individuals have helped patients focus their attention by nearly an hour.

When you create any type of art – a painting, a short story, a poem – that naturally ignites your imagination. But more than that, it also makes you more observant and in the process improves your memory.

Research has demonstrated this is true among those individuals who have experienced serious brain disorders including those with Alzheimer's disease. In fact, many Alzheimer's patients have actually experienced an improvement in their memories of up to 70 percent.

Action Steps

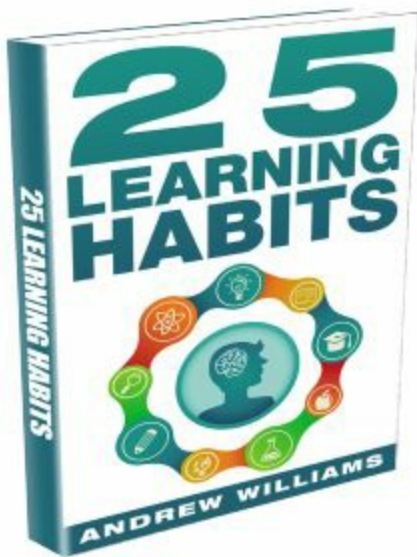
1. Add a creative component to your day – preferably on a regular basis.

It really doesn't matter whether you're painting, writing, knitting or scrap booking, just get your creative juices flowing. It'll take almost no time at all before you're noticing the effects.

The success of this tip depends on how important this activity is to you. If you feel strongly about quilting, let's say, because you're making presents for your grandchildren or as a service project, you're far more likely to experience an improved memory. On the flip side, if you do it because it's someone else's vision of what you should do and you just get dragged into it, well, you're not about to experience any type of revelation of better memory.

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Meditation

Perhaps you have a stereotypical image of a person who meditates. Most of us at one time or another have had a flash of this. The meditator is probably sitting cross-legged atop some mountain or in some cave, index fingers touching thumbs quietly reciting “om” much like a cat purring.

And the reason they’re sitting there is to gain spiritual enlightenment. Well, you say, you really don’t care much about the spiritual enlightenment. So why meditate? Because the latest research – thanks again to the amazing advances in technology like MRIs – indicates that even a minimal amount of meditation on a daily basis can boost your memory.

Now I bet I have your attention. Research now clearly shows that meditation and memory are closely and positively linked. In fact, meditation is a quick and simple path to a super-charged memory. What’s more is that meditation actually alters the brain physically in ways in which the result is a better memory.

The research on this topic is so exciting to the researchers involved. Many of them are actually practicing meditation themselves. As with so many other activities we’ve touched on, meditation physically changes the structure of the brain.

Two of the most amazing changes in the areas of the brain associated with memory and attention. So when you meditate you’re actually improving your memory. The results of one study at Massachusetts General Hospital in Boston revealed individuals who had a regular meditation habit actually had a thicker cerebral cortex – the area in which your memory is stored.

The researchers explained the thickening occurred due to the increase in the size of the blood vessels and the natural accompanying increase in blood flow to the region. The outer cortex is the area in which not only your memories are kept, but also governs your ability to learn and to concentrate.

The following is just one of the studies that have researchers excited about the innate possibilities in these findings. The study was conducted at the University of Washington with regard to multi-tasking. The participants were asked to multi-task in high-stress situations which involved answering the

phone, checking email as well as sending text messages and updating calendars. The results clearly showed that those who had an established meditation practice outperformed those who didn't.

Meditation in the twenty-first century is no longer confined to the spiritually sensitive. Any person who's interested in improving his memory should give serious consideration to taking even a few moments out of their day to still the mind.

Action Steps

1. Start your day in meditation – even a short one.

2. Take short meditative breaks throughout your work day.

Even if all you do during these “mini-meditation” sessions is take ten deep breaths, you’ll still discover your body is reaping all the benefits of a regular meditation session. And that means a stronger memory!

When you start your day in silence, you’ll have the peace of mind knowing that as you go through your day, you’ve already laid the ground work for improving your memory. As an added bonus, you’ll find you’re better able to deal with the stressors, both small and large, which inevitably arise throughout the day.

The three small lifestyle changes we’ve talked about in this chapter, music mindfulness, daydreaming and meditation can help you improve your memory simply and nearly effortlessly.

If you hope to improve your memory you owe it to yourself to incorporate one or more of these techniques in your daily life. Chances are that not all of these changes are going to resonate with you. And that’s fine. If you could find at least one that you can embrace, that’s a good thing.

In the next chapter you’ll discover how just a very changes in your diet can make a big improvement to your memory. As you read through the next chapter, take note of the ideas that you can easily put into place in your world.

Chapter 2: 13 Underused Techniques: Change Your Diet

You are what you eat.

At least that's what my mom would tell me. I'm not so sure that's the truth. But it does emphasize one thing: your diet is an important component in your health – even the health of your brain.

You obviously have heard over and over again how the food you eat plays a vital role in dictating the status of your physical health. You probably know what foods to eat to help reduce your risk of developing heart disease, diabetes and even cancer.

But did you ever think about formulating a diet that would boost your memory? What if I told you there were several foods that could do just that? It's a little known fact that your memory is affected as much by the food you put in your body as much as it is how you lead your life.

If you're suffering from memory issues or merely want to avoid a declining memory as you age, then you'll want to read through this chapter to get several ideas on what you should eat – and what you should avoid.

If you feel as if you can't get enough of these super memory foods, then keep reading this chapter. Toward the end we discuss special natural supplements you can take that can actually perform the same miracles of building your memory.

Super Memory Foods

Let's just dive into a few of the goods I like to call "Super Memory Foods." The first food you should look at is the apple. It's already been designated as a super food and is on many nutritionists' list as a must-have fruit.

There's plenty of reason why any person with even a passing knowledge of food and health can understand the seemingly miracles apples can perform in your body. After all, we all know that adage that "an apple a day keeps doctor away." But you're probably totally clueless when it comes to re-charging your memory with apples and apple juice.

One of the reasons your memory declines as you age is the increasing number of free radicals in the body. These sub-atomic parts attack your brain cells. In the process, they eventually wear down the outing lining of the brain cells – specifically the neurons. This in turn inevitably transforms itself into faulty and unreliable memory.

This is exactly where the apple comes to the rescue. The skin of the apple possesses an abundance of the anti-oxidant quercetin. This little known, but vital phytonutrient, can protect your brain the inflammation and eventual damage the free radicals cause.

But more than that, quercetin also actually improves the functioning of your brain along with boosting your memory power.

So how many apples a day do you need to eat? You may be thinking it's some astronomical number that would make you swear off this fruit forever. The beauty of this memory booster is how few you need to consume. If you eat merely one a day – two at most – you'll be getting enough nutrients to improve your memory.

Similarly, even a cup or two of apple juice can actually perform the same seemingly miracle on your memory. Surprisingly, though, the apple juice appears to work its near miraculous powers through a different aspect.

The juice version works in conjunction with a neurotransmitter called acetylcholine that is essential to a healthy brain and a top-notch memory. The

acetylcholine performs the same function as the quercetin – it protects your brain from the eventual damage of free radicals.

Action Steps

1. Eat one, or better yet, two apples a day.

Yes, it really is that simple. Simply take two apples and call me in the morning. On second thought, just take two apples and enjoy your new, improved memory.

2. Drink one or two cups of apple juice daily

Many individuals have problem eating apples. These people would prefer to get their nutrients from apple juice. Be reassured that consuming apples in this fashion is just as advantageous to your memory.

And, if you're a parent of a young toddler or infant, think of the boost in life you're giving your child if she's drinking apple juice. Even from that young age your child is receiving everything she needs for a super memory. Good job, Mom and Dad.

The Incredible, Edible Egg

Well, that's what the egg producers would like us to think. When it comes to giving your memory a leg up, then -- well, they've hit the nail on the head. Believe it or not, the egg is a super memory food in its own right. It's one of the few foods that contain choline. Choline is a substance, similar to a vitamin, which is essential for the proper working of every cell in your body.

This substance is of special interest to pregnant women during the period in which their babies' brains are developing within the womb. This essential substance aids in the proper development of the hippocampus. If you're not aware of it, the hippocampus is considered "memory central" to the brain. So if you're pregnant, don't be afraid to eat eggs.

But that's not all the only way the incredible, edible egg can help boost a sagging memory. The yolk of every egg is rich in vitamin B-12, which is essential to lowering a substance called homocysteine. This substance actually damages the brain and is intimately related to poor memory as well as problems with brain performance.

Nutritionists recommend that in order to receive the memory benefits of choline, you need to eat eggs.

Action Step

1. Go ahead and eat those eggs again.

Since eggs are on the “healthy” list of foods again, go ahead and enjoy your eggs. Even if you only eat a couple per week, you’re boosting your brain performance. Just one hint: the greatest concentration of the choline lies in the yolk.

Spinach

Don't act so surprised. You probably already know it's an abundant source of iron as well as other nutrients. So why shouldn't it be rich in phytonutrients that help re-charge a sagging memory?

According to the latest research spinach can enhance your memory significantly. It's jam packed with a host of vitamins, minerals and phytonutrients. Most importantly spinach is rich in folate, a B-vitamin known for its ability to boost overall brain functioning. It helps to regulate blood circulation throughout the organ by preventing or cleaning up the buildup of plaque.

Folate also plays a major role in the formation of new neurotransmitters that deal with just about everything related to thinking and memory.

Recent studies reveal that eating spinach can even protect an aging brain. Many of the substances packed tightly into this nutrient dense food act as antioxidants which can actually block the effects of free radicals, the rogue sub-atomic parts that can cause a host of degenerative diseases, including a decline in brain functioning.

Action Steps

1. Substitute spinach for lettuce in your salads.

If you don't really care for the taste of spinach, but really crave the brain protection and health this dark green, leafy vegetable provides, start eating salads "half and half." Use half of your favorite type of lettuce and use the spinach for the half you've eliminated. If you end up tolerating – and perhaps even preferring its taste – then you can slowly change to an all-spinach salad. Your brain will certainly remember to thank you for it.

2. If you do like the taste of spinach, then be creative in making meals with it.

Why not lightly sauté it with a bit of olive oil and fresh garlic? This makes a tasty side dish that happens to be extremely healthy as well. Another to get all the wholesome goodness of this vegetable is through juicing.

Nutritional Supplements

If even after these suggestions you're thinking that you still may need a boost to improve your memory, then you need to learn about the following three nutritional supplements that are proving to be significantly important in brain health: acetyl-l-carnitine and phosphatidylserine and bacopa.

Acetyl-L-carnitine

Difficult to pronounce for sure, but this natural substance is essential in keeping your memory humming along – and you knowing exactly where you placed your keys. You may hear it referred to in some circles as ALCAR. Technically, it's a version of the amino acid lysine. Made by the liver and the kidneys this substance is moved throughout the body and eventually reaches the brain. It promotes brain health and boosts memory like so many other foods and supplements, through the destruction of the free radicals.

Action Step

1. Include Acetyl-L-carnitine in your daily ritual of multi-vitamin and dietary supplement usage.

Simply follow directions on the label for the amount you need to take for optimum brain performance. Don't expect to feel the results of this supplement overnight. Certainly though, with a month, you should be noticing a difference in your memory.

Phosphatidylserine

This essential fatty acid is equally as difficult to pronounce as acetyl-L-carnitine, and also just as critical to your brain health. It's called an essential fatty acid because it's a substance your body can't produce on its own, yet it's critical to your brain health and a good working memory.

Phosphatidylserine works its magic through constructing brain cells which allow brain membranes the fluidity they need to release two neurotransmitters, acetylcholine and dopamine. In your younger years, your body hummed along producing an adequate supply of this substance.

As we age, though, our bodies tend to slow its natural production. That's one reason, if you're hitting middle age, you may feel as if your memory isn't working like it should. That situation is bad enough, but that's the same time in life that your body may be plagued by other nutrient deficiencies essential to memory – like folic acid. This slowed production can be revealed in mental impairment including Alzheimer's disease as well as non-Alzheimer's dementia.

Having learned the role of PS, as it's usually called, in retaining a sharp memory, many brain researchers are now hopeful that supplementation will eventually be a common treatment for these age-related mind disorders.

One researcher is especially excited about the future of PS. Elizabeth Somer wrote in her book, ***Food & Mood***, that "PS supplements restock brain cell membranes boosting nerve chemical activity -- possibly generating new connections between cells and stirring activity in all brain center."

So what's the implication in all this research? Some scientists believe that taking the supplement PS on a regular basis may give a 50-year-old person the same memory retention as a 20-year old individual. At the very least this is an intriguing thought. At most it's a boost to those reaching middle age.

Action Step

1. Take PS on a regular basis in order to boost your memory.

Be sure to read the directions on the label to ensure you're taking the proper serving of this supplement. Keep in mind that natural supplements don't work overnight. Be patient. It may take several weeks to a month before you notice the difference in how your memory works.

Bacopa monniera

The chances are you've never heard of the *Bacopa monniera* plant unless you've dabbled in Ayurveda, the ancient medicinal system of India. The wise practitioners of this system have been using this supplement for literally thousands of years to help boost memory.

The good news is that modern science has taken an interest in this little-known herb and has placed it to the toughest type of the scientific study -- the double-blind, placebo controlled experiment.

Specifically, scientists in Australia tested 46 volunteers using a series of 16 neuropsychological tests. The scientists tested among other things short-term memory, memory consolidation and planning and problem solving. This initial battery of tests was used as a baseline. Additionally, identical tests were administered at five weeks, then again at 12 weeks into the study.

The participants were divided into groups according to the treatments they were given. One group received 150 mg of *Bacopa* extract, which equals about 3 grams of the dried herb, taken in capsule form two times every day for the entire three months of the test.

The results astounded the researchers, but it was something those familiar with Ayurvedic medicine already knew: The group who steadily took the *Bacopa* experienced significant improvement in several areas of brain functioning including information processing, memory consolidation and verbal learning rate.

Interestingly, these strong results confirm previous studies on animals and clinical trials with children. The conclusion? The authors stated, "The current finding suggests that *Bacopa*, may improve higher-order cognitive processes that are critically dependent on the input of information from our environment such as learning and memory."

Action Step

1. Take the Ayurvedic herb, Bacopa monniera daily as directed on the label.

You can find this amazing herb at any health food store, vitamin shop or online. Be sure to follow the directions on the label. Before you make this amazingly transformative supplement, check with your health-care provider to ensure that it doesn't interact with any medication you may already be taking.

Water

Whoa! I can hear you saying right now, “Stop right there! Water? You really expect me to believe that drinking more water will improve my memory?”

Believe it or not, an integral link exists between the amount of water a person drinks and the functioning of his brain. Researchers are now convinced that not consuming enough water can contribute to a host of numerous problems, including lack of focus, poor memory and brain fatigue and brain fog.

Think about it for a moment. We all know that at a minimum 70 percent of the human body is composed of water. That means that all of the proper functioning of every cell in your body depends on it being abundantly hydrated -- this includes your brain cells.

How much water do you drink? If you're like the average person, you drink less than 32 ounces of water daily, that's less than four cups. Now compare this to the fact that the average adult actually loses more than 80 ounces of water every day, without even being that active. Normal functions like breathing, eliminating wastes and sweating are just some of the ways you release water through your system.

To answer that question properly, you first need to know that it's of utmost importance that you keep this keenly honed organ fueled. It also helps to know that 85 percent of your brain is composed of water. Most individuals are surprised to learn this. That means your brain does, indeed, benefit from drinking water.

Water provides your brain with a special “electrical energy” for its overall functioning, including thinking and the memory processes.

The brain, in fact, requires at least twice the energy to function at its optimum than any other organ of your body. That fact comes from Dr. Corinne Allen, the founder of the Advanced Learning and Development Institute. She also said that more than any other form of nourishment, water is the most effective method.

A large reason for this is the role the brain plays in the production of both hormones and neurotransmitters. Consider this fact: the transmission of nerves alone requires one-half of the brain's energy. That doesn't even take

into account any intensive mental work. That's just the normal maintenance of your body.

Water is also needed for the brain's production of hormones and neurotransmitters. Nerve transmission requires one-half of all the brain's energy.

The results are clearly understandable, then. That means when the brain is fully hydrated, it'll be able to work at its peak. It'll provide you with the ability to think faster, to be more keenly focused as well as providing you with greater clarity and creativity.

For your brain to stay hydrated throughout the day, you need to continually drink water. Your brain, you see, is not a camel. It doesn't store water like a camel does.

What happens when you don't maintain proper hydration of the brain?

You'd be surprised. Mental symptoms include:

- Afternoon fatigue
- Anger
- Brain fog
- Depression
- Emotional instability
- Exhaustion
- Headaches
- Sleeping problems
- Problems managing stress
- Problems maintaining focus
- Lack of mental clarity and acuity

The last two symptoms are what, for the purposes of this book, are the most important. Surprisingly, symptoms appear quickly. If your brain is only one percent dehydrated, then you may expect to experience at least a five percent decline in your cognitive function.

When your brain is lacking only two percent of its total requirements in

water, you may notice issues with your short-term memory as well as problems focusing. These issues may surface initial in difficult in performing simple math computations.

The news only gets worse from here. Extensive studies of the functioning of the brain reveal that chronic dehydration of the brain causes its cells to shrink both in size and in mass. This is normally found in older individuals or those who have suffer with chronic dehydration.

Action Steps

1. Start every morning with a minimum of 12 to 16 ounces of water.

Ideally, you should do this as soon as you wake up in the morning. Sixteen ounces is two cups. Make this a habit like you make coffee or tea part of your morning ritual.

2. Carry a bottle of water with you wherever you go.

Whether you're traveling around the house doing daily housework or traveling cross country, make sure you're armed with a bottle of water. You don't need to chug it down. Sip on it throughout the day.

Remember, you don't need to lose a large quantity of water to dehydrate your brain, so sipping regularly should keep it fueled, and energized at a constant rate.

3. Add a super green liquid or powder to your water.

You've probably already been told over (and over) again that you really can't drink anything that would be a suitable substitution for water – definitely not coffee, tea or soda. All three of those substances are what's known as diuretics. They actually suck the water from your system, thus making your body – and your brain – even more dehydrated.

The only substance you could add that would improve your ability to maintain focus and boost your memory is a super green additive. There are plenty on the market, so choose the one you believe would help you the most.

Goodbye Gluten

You can hardly go into any grocery store today without encountering some type of food that's gluten free. It appears to be the latest diet trend. If you haven't considered going gluten-free or at least scaling back on foods with gluten in, you may want to. Gluten, which is found in most grains, especially wheat, has been known to cause memory fog and disrupt your memory processes.

It's beyond the scope of this book to fully explain exactly what gluten is and how it works, but many individuals who've sworn off gluten for various health reasons have been pleasantly surprised that a side effect is improved memory.

Action Step

1. Either reduce or completely eliminate foods containing gluten.

If you don't feel completely confident you can entirely give up foods containing gluten, try reducing your intake. Even that should help your brain fog to lift. Once you realize how your memory is improving, you'll be encouraged to eat less of these foods.

However, if you do want to experience a better memory a bit quicker, then completely eliminate gluten. This may be more difficult than you may think, since gluten shows up in the strangest of places, including in some brands of soy sauce and canned soups.

Interested? Then go to a few web sites that explain what it is and what foods you'll have to give up before you commit yourself. If you do eliminate gluten, you may find your memory is not the only aspect of your health that'll improve.

Fasting and Memory

If you recall, we began this chapter with widely used adage about food, “You are what you eat.” It appears, according to the latest scientific research that you’re also “what you don’t eat.”

Well, that’s not quite correct, but it certainly does come close to the mark. According to the latest studies, *not eating* may help improve your memory as much, if not more than, eating specific super foods. Seems a little incredible, doesn’t it?

The final verdict isn’t in yet, but all the evidence points to intermittent fasting as a secret weapon to improving your memory. This is especially true for older individuals.

Research involving rats discovered that older rodents who already were demonstrating signs of age-related memory decline, improved following a temporary fast. When the term “intermittent fasting” is used, though, don’t confuse it with random fasting.

Intermittent fasting actually carries with it some guidelines. By the way, if you think you may be interested in trying this out, please consult with your personal health care provider first. Fasting can be dangerous for individuals with certain health conditions.

Intermittent fasting is actually a methodical approach to your dietary lifestyle. The periods of non-eating are scheduled ahead of time. Normally, the fasting occurs throughout the night and for only specific hours during the day. Please don’t think anyone is advocating a Gandhi-like approach to not eating – prolonged fasts for weeks, even months, at time.

For the most part, this type of non-eating asks you to eat as you usually do for five days of the week. The next two days you only eat about one quarter of your typical calorie intake. During the days you’re eating, be sure you’re taking in your meals at approximately the same time of the day – every day. In other words, try to be consistent in your eating patterns. Proponents of this approach explain that this consistency triggers your body to expect to eat at

specific times. This, in turn, allows your body to release unused fat, instead of storing it for a future time.

Other guidelines suggest that the food you should eat all your meals is within an eight-hour time frame. This means, for example, that if you consume your first meal at 8 a.m. then your last meal should be eaten not later than 4 p.m.

You're not fasting – at least in this instance – to lose weight. Therefore, do not use the five days of eating to even try to lose weight. Remember this is just technique to improve your memory naturally. Eat as you normally would, without any caloric restrictions. The only aspect of your diet you may want to tweak during this period is increasing the healthy foods you're consuming.

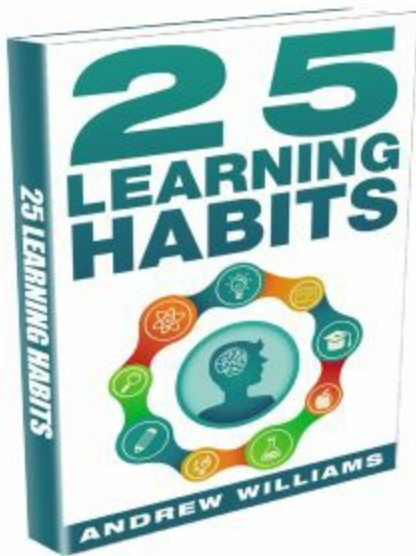
Action Step

1. Fast intermittently.

Following the guidelines given above, try eating nothing during specific hours twice a week to naturally boost your memory. Of course, don't try this without first talking it over with your personal health care provider who knows your medical history.

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Chapter 3: 10 Underused Techniques to Improve Your Memory by Changing your Environment

When you're told that your environment can cause issues with memory focus and critical thinking, you may immediately conjure up images of smog, pollution, even perhaps unseen electromagnetic waves.

While all that can be true, much of those issues are beyond your control. If you really want to make a positive impact on the healthy functioning of your brain and, in turn, improve your memory, turn your efforts to those aspects of the environment that are closer to your home.

In fact, let's look inside your home. "Oh, no!" you exclaim. "Don't look in my home. I've got stuff all over the place. It's not a pretty sight!"

Believe it or not, that very fact – the clutter you have lying around your home – could be at the very core of your memory troubles. You may react skeptically to this, but you should think twice before you dismiss this thought.

I've had many friends and family who tell me that when their house is a "total wreck," they can't seem to function as efficiently as when they take the time to straighten their house. Not only does their efficiency improve, but their memory seems miraculously improved as well.

It only makes sense if you think about it for any length of time. Here's just one – albeit exaggerated, but true – story of someone who lost a day of her life looking for her keys.

Yes, I mean the entire day. You've probably been there in some way, shape or form. How many times have you been ready to head out the door, went to grab your keys and couldn't find them. So you searched, and searched, and lost a good fifteen or twenty minutes looking for them.

Maddeningly isn't it?

Now, let's transfer that to your work. Have you ever misplaced anything at work or in your home office? Forgot where you put it. You may have started blaming your "poor memory" at this point. Why add to the demands of your memory by trying to remember where you placed your important papers?

If your office and home were less cluttered, you'd have to rely less on your memory for those trivial things. This would free a larger chunk of it to deal with the more important issues. You're improving your memory by purposely creating more space for the most important aspects of your life.

For the longest time, my problem was searching for my debit card. Try as I might, I never could remember where I had it stashed -- a pocket of my purse or my pants' pockets? Perhaps, an end table? Today I've wised up. My debit card has a dedicated space of its own. After I use it, I immediately replace it to the same location. Every time without fail. And it has freed up my mind to concentrate on more important issues --like making money.

The more things you can do to clear the clutter from any area of your home, the more space you're providing your brain to remember the important things.

But, there seems to be more at work than just the clearing of the space. Many people say that as soon as they clear their office or their house, their mind immediately clears. The mind fog that previously hung over them constantly, seemed to miraculously lift and they can think clearly and more effectively.

Whatever the reason, there is enough anecdotal evidence for this underused technique that you should give it a try

Action Steps

1. De-clutter your home.

Yes, I know what an overwhelming task this could be. That's why you should be patient with yourself, knowing that the fruits of your efforts aren't going to appear overnight. But if you start to attack the clutter and continue with the battle, you'll soon be victorious. And you'll immediately feel your brain fog lift.

2. De-clutter your office.

Whether you work inside your home or in an office, take some time to clear your desk, organize your paperwork, and perform filing you've been putting off. When you do this, you'll discover how quickly your mind responds by de-cluttering itself as well.

3. A space for everything and everything in its space.

Yes, yes. This is what you've heard from grandparents, parents and certainly teachers your entire life. The advice is so ubiquitous because it's so universally correct. When everything in your office, let's say, is its place, you won't have to waste your time hunting it down, muttering under your breath about the length of time it took you to find something essential.

After you've de-cluttered your home and office, then ensure that you have everything you deem essential for your work close by. Think of yourself of a time management expert. Before you decide where you want something, think about how often you use it. Those items you use more regularly, should easily be within your reach. In this way, you can easily grab for something without having to even think about it. This de-clutters your mind to remember other important things.

Whether you realize it or not, there's an intimate link between the degree of clutter in your home and the clutter that fogs and hinders your memory. Most people choose to overlook and ignore this. But, give it a try. If only you start with one room of your home and see a difference, I'm sure it'll encourage you to continue to other rooms.

4. Create a dedicated office space

Yes, I realize some of the most creative thinkers; the most productive entrepreneurs can work anywhere – on a train or a plane for example. But, if you're trying to enhance your memory, give yourself a dedicated location for your office.

The purpose of this is more than simply ensuring all of your tools are within your reach and easy to find. When you walk into your office, it triggers your mind that you are here to work and in the process create a greater sense of focus and concentration. This also helps your memory. Give it a try. You may be pleasantly surprised.

Seeing Red

Whoever said “seeing red” is a bad thing hasn’t read the latest studies on the effects of color on memory. Seeing red may be the best thing you’ve ever done for your mind. A recent study on the effects of colors on the brain resulted in some surprising conclusions when it came to recalling facts.

Being exposed to the color red, it’s been confirmed, can not only make your work more accurate, but can improve your total recall, that is, it can help boost your memory.

The study was conducted at the University of British Columbia using 600 participants. The goal of the research was to determine the difference, if any, occurred when persons were exposed to red or blue.

Individuals were assigned to perform certain tasks displayed against three different backgrounds on a computer screen: red, blue or neutral.

The groups who worked against red backgrounds outperformed those who worked on either the blue or neutral backgrounds. Their improved memory included – but definitely was not limited to -- recall of words or checking spelling and punctuation.

The group that worked on a blue background, by the way, performed better than their counterparts on activities which tested their imagination. Some of these activities included inventing new and creative uses for an ordinary item, or inventing new toys.

According to Juliet Zhu, of the University of British Columbia who conducted the study, you can make these results work for you.

“If you’re talking about wanting enhanced memory for something like proofreading skills,” she said, “then a red color should be used.”

1. Scatter the color red around your work area.

Hang red curtains in your office, or use red blinds. These are just two subtle

ways you can be exposed to the color that enhances your recall.

2. Place a red sheet of paper in a picture frame.

Yes, even something as simple – and as cheap -- as this will work. Place the frame on your desk in your study. You'll be sure to at least glance at it now and then while you're working.

Exposure to electromagnetic fields.

I don't mean to be the voice of doom and gloom, but it appears that one way to improve your memory through your environment is through limiting your exposure to electromagnetic fields. Before you say that's easy to do, think about this fact. When an electric current, like the ones in your home, flows through a wire, an electromagnetic field is created.

Some forty years ago, many individuals who lived near electric transformers found that their mere proximity to the devices caused a host of health problems, not the least of which were memory issues. Even if you don't live near an electric transformer today, you need to consider how your environment may be affected by this field.

The fact of the matter is that in the twenty-first century, we live in what many have described as an "ocean of EMFs." And they can tremendous harm in incredible ways that you couldn't even imagine.

These fields can cause your brain cells to leak, they can disrupt the production of neurotransmitters as well as brain metabolism. In addition, exposure to electromagnetic fields has also been known to slow an individual's reaction time and increase their ultimate risk of developing dementia.

Right now, you may not be too concerned. After all, how often are you exposed to these fields? Check the small device you have sitting next to you or in your pocket right now. Yes, your cell phone. These are particularly dangerous.

And it's not just some health nuts out there who are trying to scare you. The well-respected World Health Organization ranks the cell phone to be as potentially harmful to your health as lead, engine exhaust and chloroform.

The WHO didn't necessarily make this decision based on the amount of EMFs emitted, but the fact that you hold the device in such close proximity to your ear whenever you receive or make a phone call.

Action Steps

1. Try, as much as possible, not to keep your cell phone on your body.

If you're like millions of others worldwide, you probably carry your cell phone wherever you go. After all, that is the convenience and attraction of these phones. But try to keep your phone a little farther from you. At least if you're sitting don't keep it in your pocket or your cell phone "holster." Instead, place it on a table near where you're sitting.

2. Buy a cover for your phone that blocks the EMFs.

When you buy one of these, then you at least know you're blocking some of the hazardous EMFs. But don't rely on the cover to filter everything. You'll still want to keep the device from direct contact with your body as much as possible.

Memory Scents

Smell that? You don't? Then maybe that's why you're experiencing difficulty recalling facts, figures, even where you placed your cell phone.

Recent studies are discovering that scents can help boost your memory. Actually, a specific scent – roses. Incredibly, it's true!

The research, conducted several years ago, could be your secret weapon in enhancing your memory. Specifically the scientists discovered that the familiar scent of roses boosted the performance of many by as much as 13 percent. The study delivered this smell directly into the nostrils of the participants as they studied. Additionally, they also allowed the scent to waft through their bedrooms as they slept.

The remarkable aspect of this study, scientists agreed, is that it's the first "sneak peek" we're able to get of how the sleeping brain processes newly learned material. Once we understand this more fully, then we can adjust our study habits in order to optimize our use of the memory process.

The medical community is especially excited about the findings because it may allow doctors to improve the memory of their patients by creating treatments specially tailored to their deep sleep. As people get older, they usually sleep less and many of the medications they need to take exacerbate this situation. Doctors are now scrutinizing and analyzing the results. They hope one day to tailor individual treatments to boost memories while the individuals sleep.

Action Steps

1. When you're learning something new for school or work, infuse the room with the scent of roses.

If it's summer and you have a few rose bushes in your yard, then this is the time to bring several of the blooms inside and arrange them throughout the house. At the very least, place them in the location where you do your work, living room or home office.

2. Keep fresh roses in your bedroom so your mind can work more smoothly at digesting the new material you're trying to memorize.

If fresh roses are out of season, then use essential oils. Aromatherapy is just as effective at turbocharging your memory.

We certainly hope you found this book helpful. If you feel as if you did, please let us know what you think of it. Take a moment right now and give us your thoughts about what you liked about it.

Conclusion

Ahh! The human memory. Perhaps up until you read this book, you felt that it was a fickle organ. It faded in and out randomly, or so you believed. Worse than that, though, was that helpless feeling you had that there was nothing you could do to ensure its consistency or enhance it.

Hopefully after reading this volume, you've come to the realization that there are a myriad of methods available to you to improve it. You've just been exposed to 32 of them. Try them out. Mix and match them. Take your time. Whatever techniques you choose, know that they may take a while before you to feel the full positives effects of your actions.

Whether you choose to adjust your lifestyle, change your eating habits or even switch up your environment, you'll learn one thing, guaranteed. You'll learn that even the smallest of changes in your life can provide you with large improvement in your memory.

Perhaps you're trying a combination of techniques, one from each category. Or maybe you feel that your diet is holding you back mentally. So you're trying out only a few of the ones in the diet chapter.

Whatever you choose, remember that increasing your memory is possible. When you started reading this book, you may have believed that you could only increase your ability to remember is through methods that either cost a lot or ask you to spend a lot of time and effort at instituting major changes in your life.

Who would have thought that turbocharging your memory could be as easy as adding a dietary supplement to your diet or eating one or two apples a day? Perhaps all you have to do is change your environment slightly – even just organizing and de-cluttering your home.

Whatever you discover is the best technique for you, you'll without a doubt, be pleased with the results. And with any luck, once you feel incredibly good trying one or two techniques will only lead to your experimenting with even more ways to make it easier to remember.

Congratulations! You're well on your way to a new, improved super charged memory.

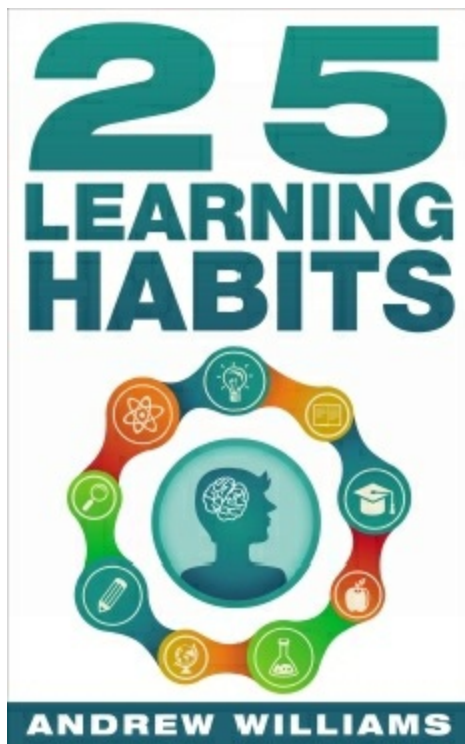
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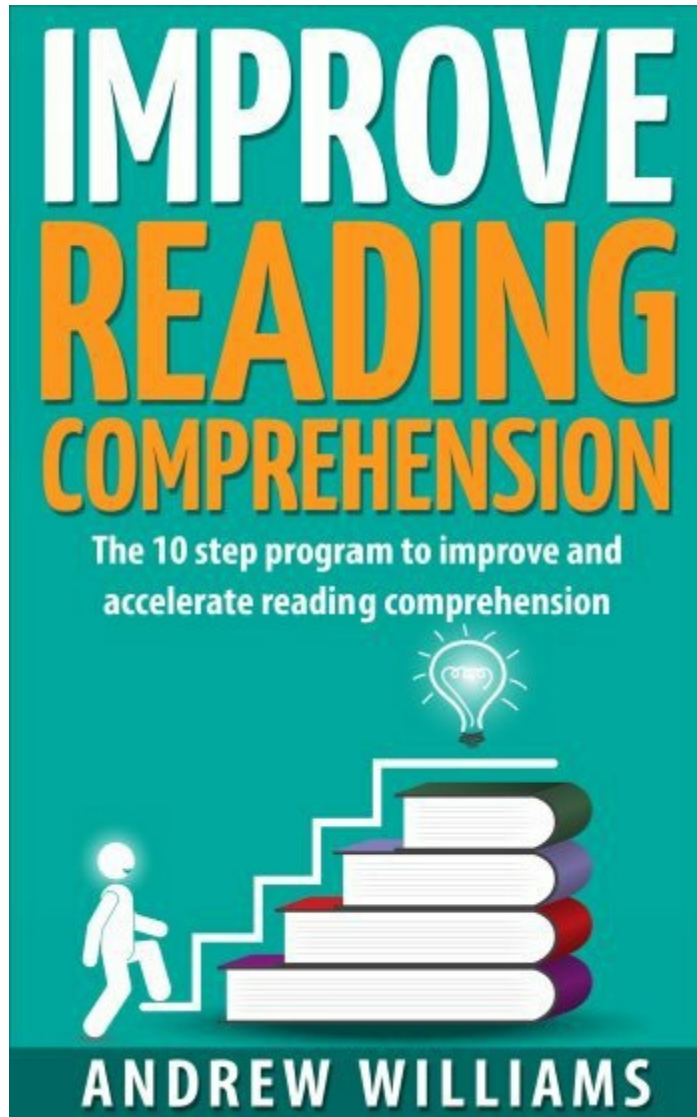
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